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Housekeepers' Chat

Friday, October 24, 1930.

NOT FOR PUBLICATION

Subject: "Secrets of Salad Success." Approved by Bureau of Home Economics,  
U. S. D. A.

Leaflet available: "Pork in Preferred Ways."

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Can I keep a secret? Not very well. Not if it's a good secret. Of course some secrets aren't worth telling, anyway. That's the kind I can keep forever.

The other day some one sent me a list of secrets -- "Secrets of a Successful Salad Maker." Do I want to be the world's champion salad maker? Do I want all my friends to point with pride -- at me -- and say. "There goes Aunt Sammy, the supreme salad maker of the United States and Canada?"

No, I don't want my friends to do that. Because while they were pointing with pride -- at me -- like as not I'd stub my toe and fall down. Just the way I did last week, when I walked down Peacock Alley, in the grandest hotel in the city. But that's another and a sadder story.

To return to the "Secrets of a Successful Salad Maker," let's read these secrets, and see whether they appeal to us.

Secret Number One: "Include at least one salad in your menus every day." That's all right. Not that I would go to the trouble to make a fancy salad every day, if I'd rather have plain celery, or radishes, or onions.

Secret Number Two: "Keep a supply of fresh, carefully washed salad greens in a clean cheesecloth bag in your ice box." That's O.K. A small bag made of cheesecloth is very convenient for holding washed lettuce. It's a good idea to keep a supply of fresh, crisp greens on hand, in case of an emergency meal.

Secret Number Three: "Do not discard the outer leaves of a head of lettuce. Shred them, and use for the foundation of another salad." That's all right, too. And a pair of scissors is very convenient for shredding lettuce.



Secret Number Four: "Chill thoroughly all ingredients used for salads, such as meat, fish, vegetables, and fruit." Of Course.

Secret Number Five: "Apples, bananas, and pears turn dark after slicing, so prepare them at the last minute. Or cover them with French dressing or lemon juice, to prevent them from discoloring." Good advice.

Secret Number Six: "Don't think you have to make up a fresh supply of salad dressing for every meal at which a salad is served." Oh, we all know better than that! Don't we make up a big supply of salad dressing at a time, and keep it in a covered jar in the ice box? To be sure.

Secret Number Seven: "Don't put the dressing on salad until immediately before serving. It wilts the greens." Well, I don't like to find fault with other people's secrets, but I don't think it's necessary to tell us that!

Secret Number Eight: "Be particular about the appearance of your salad. Remember that many of us 'eat with our eyes.'" Right.

Secret Number Nine: "Change your salad course frequently by using shredded cabbage, instead of lettuce, for the foundation." Check.

Secret Number Ten: "Don't always use the same dressing on the same salad. Dress up an ordinary salad with a new dressing." Check and double check.

Secret Number Eleven -- this is the last one: "Don't think salads have to be elaborate, to be good." Ho hum! That isn't a secret at all! I'd rather have a fresh, crisp lettuce leaf, under a plump, juicy pear, filled with a little cream cheese, decorated with a splash of salad dressing and a dash of paprika, than the most elaborate salad you can think of.

Or, if you think that's too fancy, how about a crisp portion of head lettuce, and a Roquefort Cheese Dressing? Or Thousand Island Dressing?

Of course all these salad secrets are good -- but I suspect that they are not "secrets" -- at least not to women who plan three meals a day.

And speaking of meals -- I asked the Menu Specialist to begin Sunday dinner with a Tomato Cocktail.

"That's what I did," said the Menu Specialist. "I began with a Tomato Cocktail, and I ended with an Upside-down Apple Cake."

"And what's in between?" I asked.

"Roast Loin of Pork, Mashed Potatoes, Spinach, and Crisp Celery and Olives."





"Thank you," I said. "That sounds very good. We haven't had Roast Loin of Pork for some time. We will buy a pork loin roast, and roast it to a turn -- till it is tender and delicious."

Reminds me of a story I heard the other day. A lady was entertaining the small son of her married friend.

"Are you quite sure you can cut your meat, Willie?" she asked, after watching him for a moment.

"Oh, yessum," said Willie. "We often have it as tough as this at home."

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Did I give you a chance to write the menu? Tomato Cocktail; Roast Loin of Pork; Mashed Potatoes; Spinach; Crisp Celery and Olives; Upside-down-Apple Cake.

I broadcast the recipe for the Tomato Cocktail last Tuesday, and you'll find the directions for the Upside-down Apple Cake in the Radio Cookbook on page 54. So those are dispensed with.

Now, about the Roast Loin of Pork. Do you have a copy of the Pork Leaflet? If you do, turn to page five, and there you'll find directions for Roast Loin of Pork. This is the way they read:

"Have the butcher crack the bones of a pork loin roast so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt and pepper and rub with flour. Lay the loin, ribs down and fat side up, on a rack in an open roasting pan. Sear the meat for 30 minutes, or until lightly browned, in a hot oven (480 degrees Fahrenheit), then reduce the temperature rapidly to very moderate heat (300 degrees to 325 degrees), and cook until the meat is tender. A loin weighing from 4 to 5 pounds will probably require from two to two and one-half hours when these oven temperatures are used.

"A roast meat thermometer can be used in a loin just as in a ham. Stick the thermometer into the meat so that the bulb reaches the center of the thickest part of the roast. The loin will be done when the thermometer registers 185 degrees."

If you'd like to have a good many other pork recipes, send for the leaflet, "Pork in Preferred Ways."

Now let's repeat the menu, for Sunday dinner: Tomato Cocktail; Roast Loin of Pork; Mashed Potatoes; Spinach; Crisp celery and Olives; Upside-down Apple Cake.

